

Bathroom Banter!

Your private connection to wellness!



On-site Flu Shots



Full-time City employees can receive a flu shot at no cost during open enrollment fairs. Full-time employees may also visit a local HEB Pharmacy until November 30th while supplies last. Be sure to bring your City ID.

Employees and dependents on the City's health plan may receive flu shots with no out of pocket cost at any in-network provider. This year CVS, Target, and Walgreens are in-network providers. UHC health insurance card must be presented.

Rock 'n' Roll Marathon & Half Marathon



Be a part of this year's race by participating in the full marathon, half marathon, 2-person relay or NEW Bike Tour on November 13th!

Be sure to register with team "City of San Antonio" under the **Get Fit Challenge**.

Not quite ready to go the distance?

Volunteer at the City's water station!

Watch world class athletes along with friends and family as they pass through the course.

Contact the Wellness Program for registration information or Tina Tholl for volunteer opportunities at 207-3048.

Happy Halloween!

Halloween is right around the corner and trick-or-treating can leave parents in sugar shock! Here are a few tips to minimize overload.



- Provide healthier treats for trick-or-treaters, such as individual packs of raisins, trail mix or pretzels.
- Use party games and trick-or-treat time as a daily dose of 60 minutes of physical activity.
- Be sure all walking areas are well lit for safety.
- Non-food items such as stickers, pencils, erasers, sports cards, costume jewelry or Halloween toys can be a fun alternative for trick-or-treaters

Quit for Life!



October is **Healthy Lung Month**, a great time to join the Quit For Life® Program and get the support you need to quit tobacco use! It's **FREE & confidential**. City employees and spouses are eligible to participate.

Call 1-866-QUIT-4-LIFE or log on to www.quitnow.net for more details.

*"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."
-Anatole France*

City Employee Health Expo!

International Center
Orilla del Rio Ballroom, 3rd floor
203 S. St. Mary's
Thursday, October 21, 2010
10:00 a.m. – 2:00 p.m.

Don't miss out on health screenings, flu shots, and open enrollment information.

- *Bring your City ID for flu shots.
- *Employees are granted two (2) hours annually to attend with supervisor approval.

2012 Employee Benefits

Open Enrollment is October 17th - November 16th!

Attend one of the seven (7) Open Enrollment fairs to visit with Benefits Staff and vendors and sign up for your 2012 benefits!

For Open Enrollment fair dates and locations, visit the **HR website** or contact at 207-8705.



SAVE THE DATE

CITY MANAGER'S 5K RUN/WALK

Join your fellow City employees at the 5th Annual City Manager's 5K on December 3rd at Brackenridge Park. It's free to all City employees and \$5 for participating guests. Registration opens in October. More details coming soon!